

Beef or Pork Taco

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 15% fat)	6 lb 6 oz	N/A	12 lb 12 oz	N/A	1. Brown ground beef or pork. Drain. Continue immediately. 2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP: Heat to 155 ° F for at least 15 seconds.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 3/4 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned low-sodium added tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/8 No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (1/4 No. 10 can)	

Chili powder		2 Tbsp		1/4 cup	
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Onion powder		1 1/2 tsp		1 Tbsp	
Reduced fat cheddar cheese, shredded	1 lb 10 oz	1 qt 2 1/2 cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
*Fresh tomatoes, chopped	1 lb 5 oz	2 3/4 cups 2 Tbsp	2 lb 10 oz	1 qt 1 3/4 cups	
Whole wheat or whole corn taco shells (at least 0.5 oz each)		100 each		200 each	5. **Serving suggestions (see below)

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

****Serving suggestions (2 tacos per serving):**

A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (½ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese.

OR

B.1. Preportion No. 10 scoop (½ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until service.

B2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	6 oz	12 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

Serving	Yield	Volume
2 tacos provide 2 oz equivalent meat, 1/8 cup red/orange vegetable, 1/8 cup other vegetable and 1 oz equivalent grains.	50 Servings: about 7 lb 4 oz (filling) about 15 lb 10 oz 100 Servings: about 14 lb 8 oz (filing) about 31 lb 4 oz	50 Servings: 3 quarts 1 ? cups (filling) 100 tacos 100 Servings: 1 ½ gallons 2 ? cups (filling) 200 tacos